

AGE: 2 YEARS

Date: _____

GROWTH:

Weight:	lbs	oz	(%)
Height:	inches		(%)
Head Circumference:	inches		(%)

IMMUNIZATIONS:

Hep A Hepatitis A

FEEDING:

Toddlers should eat 3 meals a day. They should drink only from a cup, not a bottle, to avoid tooth decay. They should drink a maximum of 2 to 3 cups of milk and no more than 4 ounces of juice a day. At this age, you may switch your child to 2% or skim milk. Drinking water is important to avoid dehydration. Avoid candy, soda pop, and sugary drinks. Avoid foods that your toddler might choke on, such as hard candy, popcorn, nuts, grapes, and hotdogs. Do not allow your child to play with a mouthful of food. Help your child brush her teeth with a pea-sized amount of fluoride toothpaste twice a day.

Offer your child a balanced diet, including fruits, vegetables, breads, whole grains, dairy products and meat. Limit fat and sugar. "Pickiness" is very common throughout the toddler years. Serve your child the same foods that the family is eating to avoid becoming a short-order cook. Offer a variety of foods, and encourage your child to try new foods.

DEVELOPMENT:

By now most toddlers can run, jump in place, go up and down stairs, kick and throw a ball, open a door, and stack 5-6 blocks. They can feed themselves (messily) with a spoon and fork and draw a vertical line. Most 2 year olds can say at least 20 words, often many more,

and combine words into two-word phrases. They can follow 1-2 step commands and listen to a short story.

Toddlers should have a regular bedtime with a routine. They should fall asleep on their own and remain in bed. Books are an important part of a bedtime routine and promote language development.

PLAY AND LEARN:

This is a time for emerging independence and "temper tantrums." Offer choices, all of which are acceptable to the parent, whenever possible. If your child has a tantrum with kicking and screaming, make sure she is in a place where she cannot hurt herself and ignore the tantrum. Never give in to your toddler's tantrum. Use time-out for undesirable behaviors such as kicking, hitting, and biting. Use 1 minute for each year of age.

"Time-ins" are also very important. For example, when your toddler plays independently, tell her "good job." When she does not scream while you are on the phone, thank her for being quiet. Try to hug, pat and/or say "good job" to your toddler for desirable behaviors 20-30 times a day.

At this age, play continues to develop. Toddlers start to mimic adults in their play. Toddlers at this age are more likely to play along side, rather than with, each other.

Watch for signs of readiness to potty train. Get a small potty chair and allow the child to follow you into the bathroom. Read your child books about kid's potty training, such as Prudence Potty, Once upon a Potty, or Toilet Learning. It is best to wait for your child to request to sit on the potty, rather than to insist on it.

SAFETY:

1. **Climbing**-If your toddler can climb on it, bolt it to the wall.
2. **Car Seats**-Continue to use your car seat in the back seat.
3. **Water Safety**-Keep your pool surrounded by a fence with a locking gate. Never leave your toddler alone in the bathtub. Keep bathroom doors closed. Never leave cleaning buckets or play pools filled with water. Make it a rule to watch the water drain out of the tub and dump the play pool immediately after use.
4. **Poisons**-Keep all medications and cleaners out of reach.
5. **Guns**-Store guns and ammunition separately. Keep them out of reach and locked away.
6. **Burns**-Keep matches, lighters, and cigarettes out of reach. Use smoke alarms. Never toddler in the kitchen while you are cooking or frying. Always use the back burners and turn handles in.
7. **Stairs and Windows**-Use secure gates in front of stairs. Make sure your toddler cannot push on windows and fall out.
8. **Cords and Outlets**-Keep all outlets covered and cords up.
9. **Dog Bites**-Watch your toddler around animals, especially dogs. Never leave your child alone with a dog. Most bites are caused by the family dog.

WHAT'S NEXT?

Your child's next appointment is at 3 years of age for a well check.